

All Breakfasts are Free of Charge for the 2024-2025 school year!!

SEPTEMBER 2024

WW= Whole Wheat
WG= Whole Grain

MON

TUE

WED

TH

FRI

Daily Milk Choices:

1% White
Fat Free Chocolate
And
Fat Free Strawberry
(when available)

COME AND JOIN US FOR A DELICIOUS BREAKFAST!

A healthy school breakfast is the perfect way to jump start your day!

Daily 100% Juice

Choices:
Orange Juice
Fruit Punch
Grape Juice
Apple Juice

Additional Daily

Fruit Choices:

Applesauce Cup
Raisin Box

Choose at least 3 of 4 items (and one must be a fruit or vegetable). Choose all 4 for a great breakfast!!

Sept. 2
No School Today!
LABOR DAY BREAK

3
WG Pillsbury Mini Cinni's

Pear Cup
Choice of Juice
Choice of Milk

4
ww Chocolate Chip Muffin

Oranges
Choice of Juice
Choice of Milk

5
WG French Toast

Peaches
Choice of Juice
Choice of Milk

6
ww Frudel

Apple Slices
Choice of Juice
Choice of Milk

9
ww Banana Muffin

Applesauce
Choice of Juice
Choice of Milk

10
ww Mini Waffles

Pineapple Cup
Choice of Juice
Choice of Milk

11
Mini WG Cinnamon Roll

Oranges
Choice of Juice
Choice of Milk

12
ww Pancakes

Peaches
Choice of Juice
Choice of Milk

13
Bagel w/Cream Cheese

Apple Slices
Choice of Juice
Choice of Milk

Daily Cereal choices:

Whole Grain Cheerios

Lucky Charms
(Whole Grain, Reduced Sugar)

Cinnamon Toast Crunch
(Whole Grain, Reduced Sugar)

Welcome Back!

We are very excited to see you and serve you!

BREAKFAST IS FREE* FOR EVERYONE, EVERY DAY!

*Note: You must take at least 3 of the 4 offered items, and one must be a fruit or vegetable in order to qualify for Free!

Please check our district website for more meal program information, menus, and Free/reduced application information:

<https://www.upsd.org/departments/food-service>

Food Services is Hiring!!!

Earn while your children learn!

We have openings! If you are interested, please go to :

<https://www.upsd.org/departments/human-resources/employment-opportunities>

and hit the "Apply Now" button to see what positions are available!



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Fruit Choices:

Applesauce Cup
Raisin Box

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16
ww Eggo Confetti Pancake

Applesauce
Choice of Juice
Choice of Milk

17
WG Pillsbury Mini Cinni's

Pear Cup
Choice of Juice
Choice of Milk

18
ww Chocolate Chip Muffin

Oranges
Choice of Juice
Choice of Milk

19
WG French Toast

Peaches
Choice of Juice
Choice of Milk

20
ww Frudel

Apple Slices
Choice of Juice
Choice of Milk

23
ww Banana Muffin

Applesauce
Choice of Juice
Choice of Milk

24
ww Mini Waffles

Pineapple Cup
Choice of Juice
Choice of Milk

25
Mini WG Cinnamon Roll

Oranges
Choice of Juice
Choice of Milk

26
ww Pancakes

Peaches
Choice of Juice
Choice of Milk

27
Bagel w/Cream Cheese

Apple Slices
Choice of Juice
Choice of Milk

30
ww Eggo Confetti Pancake

Applesauce
Choice of Juice
Choice of Milk

October 1
WG Pillsbury Mini Cinni's

Pear Cup
Choice of Juice
Choice of Milk

October 2
ww Chocolate Chip Muffin

Oranges
Choice of Juice
Choice of Milk

October 3
WG French Toast

Peaches
Choice of Juice
Choice of Milk

October 4
ww Frudel

Apple Slices
Choice of Juice
Choice of Milk

